

Feeding Support Group

Newsletter: Issue 1, July 2010

Stop press

Our first feeding support group for 2010 was held on 15th July at the Queen's Restaurant at QMC. Thank you to everyone who came along. For those of you who were unable to make it we hope to see you at the next one.

The session was an opportunity to discuss feelings, concerns, and worries about feeding and give you the chance to meet other parents, relatives and carers who are experiencing similar issues.

Online support

There is much online support available for parents or carers of children with feeding issues. For those of you who have a child with a feeding tube there is an online support group http://community.babycentre.com/groups/a3235/babies_and_children_with_a_feeding_tube. One of the parents at the group also mentioned that there is a Facebook support group. If you know of any other useful websites or sources of support please share this with the group.

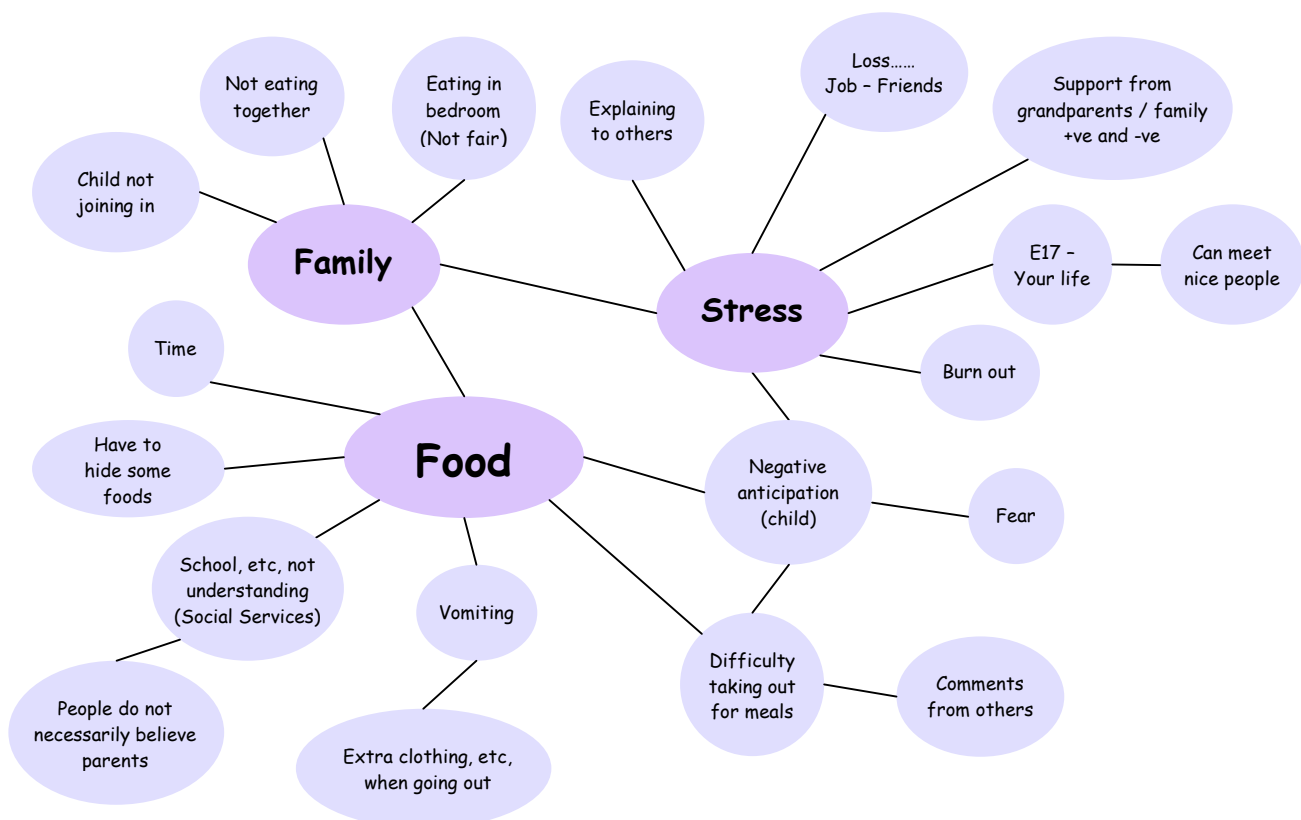
(Please note the contents of any weblinks mentioned may not be specific to renal disease. The children's renal unit in Nottingham have not contributed to the information within these sites and therefore cannot be responsible. Please discuss any issues raised with your Doctor, Nurse or Dietitian.)

Party time!

Times of celebration e.g. birthdays parties can be stressful in terms of thinking of food ideas that a child following the renal diet can have. Attached are some ideas to make the job easier.

Mind Mapping

At the feeding group we produced a mind map (see below) of people's thoughts and feelings around feeding a child with a chronic disease



Recipes:

We would like to share some recipe ideas. If you have any recipes that work well then please let us know. Each newsletter we will share a recipe for you to try. We hope to set up a cookery workshop later in the year, which will give you the opportunity to try new recipes and alter family favourite recipes so they are renal friendly that all the family can eat.

Recipe no 1

Crepes

Ingredients:-

- ¾ cup milk*
- 1 cup (125g) flour
- 2 large eggs*
- ½ cup water
- 2 tablespoons vegetable oil

*Please note these products are a source of potassium and phosphate however can be included as part of your restriction.

Method-

1. Whisk the flour and eggs together then slowly add the milk and water and beat the mixture until smooth. Alternatively you can blend the ingredients together to give a smoother batter.
2. Add a little of the oil to a pan and heat.
3. Using about ¼ cup of batter for each crepe and gently tipping the pan in a circular motion, allow the mixture to spread thinly over the surface of the pan.
4. Cook the first side of the crepe for about 1-2 minutes then flip the crepe and cook the second side for 30 seconds-1 minute until it goes a golden brown colour

Crepe fillings:

Here is a list of alternative fillings you could try:

- Stewed apple and cinnamon
- Tinned peaches in syrup (drained) or fruit cocktail in syrup (drained) with squirty cream
- Honey and butter
- Jam and squirty cream
- Sugar and a small amount of lemon
- Golden syrup / Maple syrup
- Fruit pie filling and ice cream
- Marshmallow spread 'fluff'
- Lemon curd

Happy Cooking

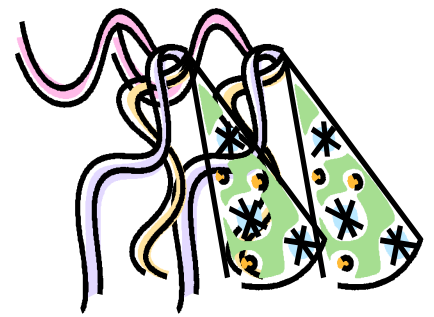
Let us know your experiences

A date for your diary:

The next feeding support group is on 28th October 2010, The Queen's restaurant, D floor, East Block (12-1.30pm). If you have anything you would like to cover please get in touch. Look forward to seeing you there!



Party Time!



*Savoury Ideas

Feta cheese on sticks with cucumber or tinned pineapple chunks
Bread sticks/ Celery/ Carrot/ Green pepper sticks with Philadelphia or Hoummous

Cottage cheese and pineapple on crackers

*Fish finger sandwiches

Mini chicken kebabs

Bagels with cream cheese

Chicken, tuna or ham tortilla flour wraps

*Cocktail sausages, *sausage rolls or *chicken nuggets

Ham and cream cheese mini rolls

*Garlic bread

Sandwiches: Ham/ Tuna/ Chicken

Tuna pitta pockets

Crumpets, croissants, English muffins

Crisps: Lightly salted tortilla chips, Goodies Organix, Sunbites, Monster Munch, Rice cakes, homemade pitta crisps

*Sweet Ideas

Jelly and cream

Jam Doughnuts or cupcakes

Scone, jam and squirty or double cream

Jam swiss roll, jam, lemon or apple tarts

Iced buns, cream cakes, pancakes

Victoria sponge

Vitabite Chocolate Rice crispy cakes

Marshmallow rice crispy bars

Meringues, plain muffins, flapjacks

Sweet popcorn or Caramel rice cakes

Fruit kebabs made with grapes, tinned pineapple, apple, pear, strawberries and marshmallows

Biscuits: iced gems, bourbons, custard creams, jammie dodgers, pink wafers, shortbread

*Drinks

Fizzy drinks (except Cola, Pepsi, Dr Pepper)

Fruit cordial

*Advisable to choose varieties containing less than 0.5g sodium/1.25g salt 100g of the individual foods

